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Heading Out On Your Own: 31 Basic Life Skills in 31 Days

Brett H. McKay, Kate R. McKay

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You've finally left the comforts of mom and dad's nest to strike out on your own… but you have no clue how to do your own laundry. Or cook. Or manage your finances. Feeling a bit overwhelmed? Don't worry. We've got you covered. The Art of Manliness' Heading Out on Your Own: 31 Basic Life Skills in 31 Days is a primer on becoming a well-adjusted, self-reliant adult. In it you'll find the basic life skills you need to survive and thrive on your own. In 31 days, you'll learn skills like how to: Do Laundry - Ace a Job Interview - Create a Budget - Make Small Talk- Rent Your First Apartment - Shop for Groceries - Live With Roommates - Maintain Your Car - Cook - Iron a Dress Shirt - And Much More!

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